

Friday Dinner

BY CORNELIA C. BEDFORD.

FRIDAY is often alluded to, in domestic parlance, as "Fish Day," and we recognize the wisdom of so observing it, because, aside from its religious significance, it is a wise precaution to eliminate meat from the dietary for one day in the week and to substitute fish or some other dish which is of equal nutritive value. We at once think of eggs, and are told that peas, beans and other dried legumes contain even a higher percentage of body-forming material. With these three kinds of food to select from as a basis, it will not be a difficult task to plan the three meals for Friday and to so vary them from week to week that they will be looked forward to with pleasure. As fish is plentiful and there are still many green vegetables in market, we will utilize the following menu:

Cream of Tomato Soup
Steamed Salmon Parsley Egg Sauce
Riced Potatoes Stuffed Peppers
Apple and Pecan Salad
Cheese Fingers
Individual Peach Short Cakes
Coffee

In buying fish as the principal dish for a dinner two pounds and a half of a rich fish such as salmon, or three pounds of a dry variety, like cod, will be sufficient for four or five persons, providing it is in a solid piece, preferably what is called a middle or tail cut. One pepper and one-half cupful of the mixed salad would be a fair allowance per head, while one quart of soup will serve five generously—for an elaborate course dinner it is sufficient for six persons.

As the salmon and dessert must be prepared in time to serve cold, it is best to take up their preparation first. Supposing that five are to be fed, we proportion each accordingly. One cupful of pecan nut meats, one large or two medium-sized tart apples, and one head of lettuce, will be needed. Separate the heads of lettuce, wash and drain the leaves, wrap in a wet cloth and put aside in refrigerator or cold pantry until needed. Over the nut meats sprinkle a teaspoonful of melted butter, turning them over and over until slightly but evenly browned; sprinkle well with fine salt, spread on a shallow pan and place in a cool oven until crisp and very slightly darker in color than before. Set aside in a dry place. Make a cooked dressing with the yolks of two eggs beaten with four tablespoonfuls of cold water, two tablespoonfuls of lemon juice or mild vinegar, one-third of a teaspoonful of salt and a dash of cayenne. Stir this over hot water, lifting it up frequently, until very thick. Add one large tablespoonful of butter, stir until absorbed, then strain and set aside until cold. When used, this dressing is to be mixed with an equal bulk of whipped cream, shortly before dinner the dressing is pared, cored and diced, mixed with the nuts, the outer leaves of the lettuce shredded fine with scissors and a portion of the dressing. This is heaped on the blanched lettuce leaves and the remainder of the dressing spread over the top.

The cheese fingers which accompany the salad call for one cupful of flour mixed with a half-teaspoonful of baking powder, a dash of salt and cayenne, then rubbed fine with one large tablespoonful of cold butter. To this is added a half-cupful of grated cheese and sufficient ice water to make a rather firm dough. This is rolled out a half-inch thick, brushed with white egg, sprinkled with more grated cheese, cut in narrow fingers with a pastry jagged, laid on a flat pan and baked in a moderate oven until pale brown. These are served cold.

The shortcake dough is to be made in all respects like baking powder biscuit, except that three times the usual amount of shortening is used. Roll out the size of a fruit saucer, brush half of them with butter, cover with the remaining biscuit—sandwich fashion—and bake in a moderate oven. When cold, add a filling of cut peaches well sugared and served with a soft custard or whipped cream. The sweet Spanish peppers are now so widely grown that they have superseded the "bull-nose" variety for all uses save pickling. They are used in either the green or ripe (red) state, and for stuffing should be selected of rather broad shape. Cut out the stem end of each and carefully remove seeds and veins. For a milder filling either stale bread crumbs or cold boiled rice may be used, enriched with several tablespoonfuls of melted butter for each pepper and a seasoning of chopped fried onions or any preferred herbs. Place close together in a baking dish, pour in a quarter of an inch of boiling water and bake in a hot oven until browned on top.

When received from the market wash the salmon thoroughly, sprinkle with salt and set aside until ready to use, then rinse again and lay on a shallow dish. Sprinkle again with salt. To the water over which it is to be steamed, add a half cupful of vinegar, two bay leaves, a teaspoonful of pepper corns and a half onion thinly sliced. Stand the fish over the boiling water and keep at a hard boil until the fish begins to draw away from the bones; a time allowance of twelve minutes to the pound and ten minutes for heating through would be about right for a fish of this size. Such as this center cut. Lift the steamer, carefully remove the skin, transfer to a hot platter and garnish with thin slices of lemon and butter. If parsley is substituted or any large fresh water fish of a similar texture.

A rich fish, such as salmon should not have its delicious flavor obscured by an equally rich sauce, hence one of plain drawn butter or a cream sauce to which boiled egg or chopped parsley is added, are the best and to be consumed in time, we will use a portion of the soup foundation. For this scald one quart of milk in a double boiler. In a saucepan put one-third of a cupful of flour, two tablespoonfuls of butter, a scant teaspoonful of salt and one-third of a teaspoonful of white pepper. Stir over the fire until the mixture is thoroughly mixed and bubbling, then add by degrees, the hot milk, stirring vigorously after each addition until it is smooth and thick as rich cream. Strain back into the double boiler, take out a cupful for the fish sauce and keep the remainder very hot. Cook down some cut or canned tomatoes until thick, then press through a sieve and add cupful will be needed. Just before serving add to the tomatoes a pinch of baking soda, take from the fire and mix carefully with the cooked milk in the double boiler, taste to see that the combination is properly seasoned. Do not return to the fire or the soup will curdle. To the cupful of foundation for the fish sauce, add one tablespoonful of lemon juice or vinegar and one tablespoonful of chopped parsley or the yolks of one or two hard boiled eggs, chopped fine.

The potatoes after boiling as usual should be mashed, seasoned and kept hot. When ready to serve press them through a ricer or sieve into a heated vegetable dish.

Reduced to Plain Terms.

Portland, Oregon, Jan. 10.—Mr. Stark—What do you think will be the amount of the cash indemnity that Japan will insist upon?
Mr. Alder—Oh, only a couple of Rockefeller, I guess.
Mr. Stark—What do you mean by that?
Mr. Alder—Why, a billion dollars, of course.

Poor Fellow.

(Atlanta Constitution.)
Here is the testimony of one of the millionaires:
"I spent three-fourths of my life making a million."



How About Hosiery?

Right now is a good time to buy some. Every line is complete, and every size is in stock; but, for that matter, our stock always is in good condition as to sizes and qualities.

We sell only the best brands, and what accounts mostly for our great volume of business is simply this: Extra grades of goods at extra low prices.

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Will You Wear Silk?



Autumn Showing of Silks

MOIRE VELOUR in small tweed checks, moire checks with pointed scintillant effects, dark dress plaids with bourette, Harlequin, Hattienne, Lizard Skin, Persian Ball designs and Shadow Dots, in rich colors, especially desirable for full grown and separate waists, yard—\$1.00, \$1.25, \$1.50 and \$1.75.

Plaid Silks, Handsome Designs.

Scotch Plaids, in bright colorings for rich waists, per yard \$1.25

Persian Plaids and changeable plaids in rich chifon taffeta, handkerchief cuttings and absolutely new effects, per yard, \$2.00 and \$2.50

ALL THE ABOVE ARE 20 TO 25 PER CENT UNDER PRICE.

Autumn Waistings

A range of styles and colorings second to none in the west. Plaids, checks, Harlequin, Hattienne, Lizard Skin, Persian Ball designs and Shadow Dots, in rich colors, especially desirable for full grown and separate waists, yard—\$1.00, \$1.25, \$1.50 and \$1.75.

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